11th Aug. 17 Marina Alex. Kahlil

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Michael.

He told me to cover Alex because he was cold. He reassured me about the work and to forget it was Alex and to think pure thoughts. He then returned Alex to me and then he came again and told me to begin the work. During the work he recited a poem and then returned Alex partially to finish the work. He said that the work was for a more [redacted] permanent job for me and I would have another place to live before the flat the work was being done in would be available. *

Ti Lan.

You have nearly come to the end of your seven days diet. For a further seven days find a quiet place to sit in facing east. Breath in air to understand the element of air. Breath in slowly into the abdomen 3 inches below the navel seven times through the nose and out through the mouth. Visualise being lighter than air. your body

rising all the time. Afterwards drink a glass of clear cold water. Greetings to Brother Dirk. Now I go from you.

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* Michael also told me not to look in books, but to listen to Alex and read between the lines.